

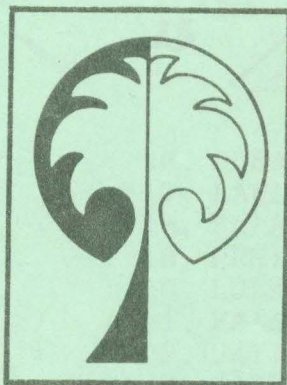
SUPPLEMENTARY PAGES FOR  
SAMOAN RESOURCE BOOK

Developed by:

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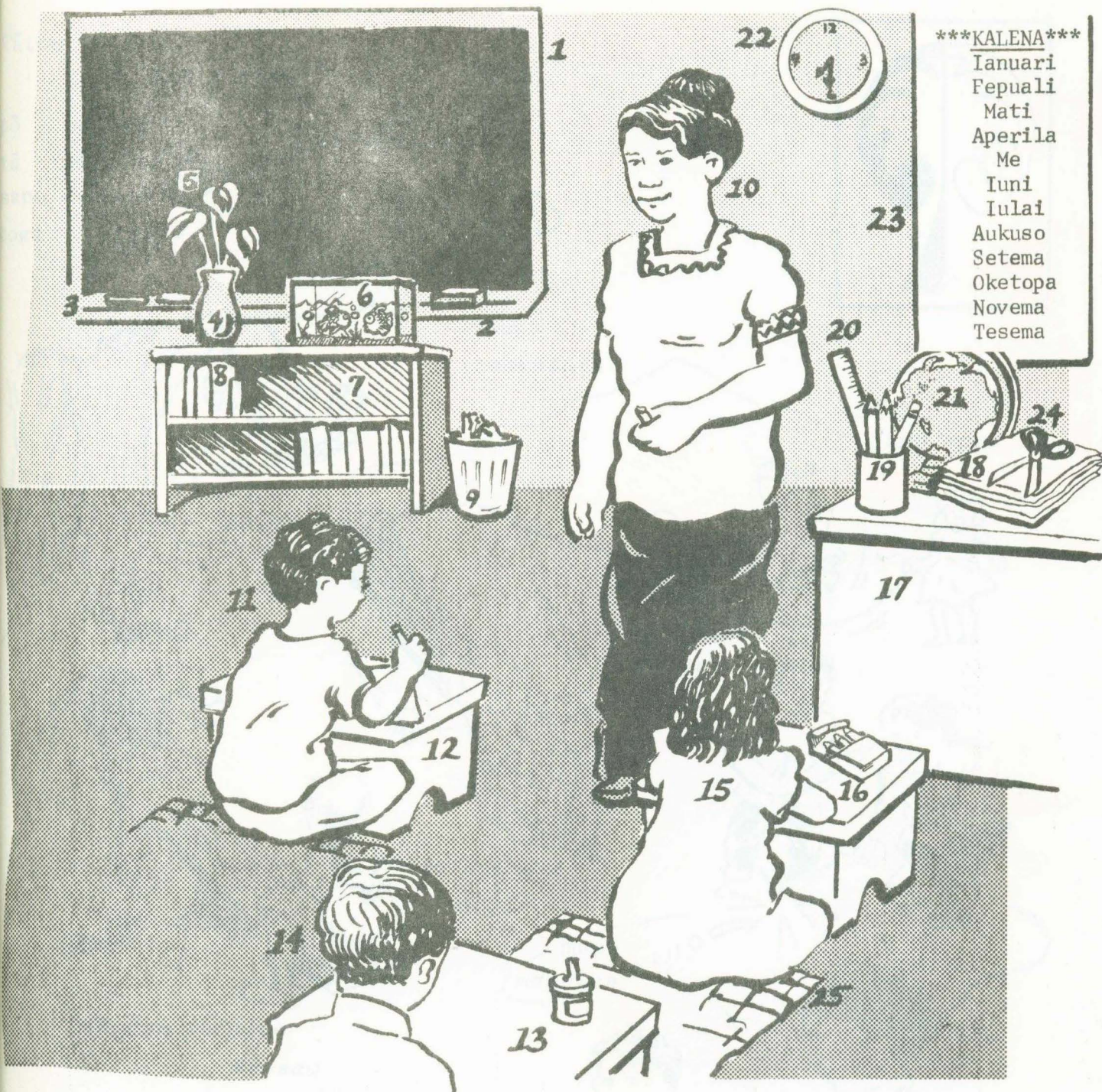
Illustrated by:

Starla Stone









\*\*\*KALENA\*\*\*

Ianuari  
Fepuali  
Mati  
Aperila  
Me  
Iuni  
Iulai  
Aukuso  
Setema  
Oketopa  
Novema  
Tesema

1. LAUPAPA (blackboard)
2. TITINA (eraser)
3. PENI SINA (chalk)
4. FAGU TU'U TEU (vase)
5. FUGĀLĀ'AU (flowers)
6. TANE TU'U I'A (fish tank)
7. PUSA TUSI (bookcase)
8. TUSI (books)
9. 'APA LAPISI (trash can)
10. FAIĀ'OGA (teacher)
11. TAMAITITI Ā'OGA (student)
12. LAULAU Ā'OGA (desk)
13. MEA FA'APIPI'I (paste)
14. TAMA (boy)
15. TEINE (girl)

16. PUSA O PENI VALI (box of crayons)
17. LAULAU O LE FAIĀ'OGA (teacher's desk)
18. FA'APUTUGA PEPA (stack of papers)
19. PENITALA (pencils)
20. LULA (ruler)
21. FA'AFANUA LAPOTOPOTO (globe)
22. UATI (clock)
23. KĀLENA (calendar)
24. SELEULU (scissor)
25. FALA (mat)









Tātou tā'a'alo  
Let's play.

pō volley  
tā hit  
sapo catch  
togi throw



mauga  
mountain

tāfue  
jump rope

taupega  
swing

maea  
rope

fa'ase'ega  
slide

mapu  
marbles

laupapa fa'alue  
seesaw

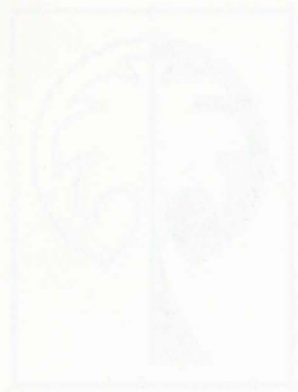
soka  
soccer

polo  
ball

kiki  
kick

TAFIITI  
(CHILDREN)









# SAMOAN PROVERBS\*

Ia o gatasi le futia ma le  
'umele.

*The sennit ring and the  
stand for the fishing rod  
must be equally strong.*

E 'asa le faiva, 'ae le 'asa  
le masalo.

*A fishing expedition may  
have no success, but a  
suspicion usually has  
some ground for it. Fish-  
ing could go without a  
catch, but suspicion may  
always be found true.*

'Ua leai se manu e olo.

*Not a single bird cries.  
(Everything is quiet.)*

Ia seu le manu, ma silasila  
i le galu.

*Catch the bird, and watch  
the breakers. (Look be-  
fore you leap.)*

'Ua vela lana umu i lo tātou  
nu'u.

*His work in the village  
is useful. (He serves  
well.)*

E tasi, 'ae afe.

*Only one, but worth a  
thousand. (He's one in  
a million.)*

A mu le lima, tapa 'i le  
i'ofi.

*When one has burned his  
fingers, he asks for the  
fire tongs. (You look for  
help after you've been  
hurt.)*

Ia nātia (ifo) i fatu a  
lavai.

*May it remain hidden like  
a stone among the O'a  
leaves.*

'Ua patipati tā'oto le fe'-  
epō.

*Fe'epō clapped his hands  
lying down. The night  
octopus lying down clap-  
ping his hands.*

'Ua togipā tau i le 'ave.

*The breadfruit was hit on  
the stalk.*

\*taken from Muagagana ma Tupua Fa'asamoa edited by the  
Bilingual/Bicultural Staff, Department of Education, American  
Samoa.



Fa'auī le 'ula.

*To take off a necklace.  
(In order to give it to  
another successor.) (The  
passing on of authority.)*

'Ua logo i tino matagi lei-  
lei.

*A favorable wind is felt  
on the body.*

'Ua lele le se, 'ae lama le  
ti'otala.

*The grasshopper flies  
about, but the kingfisher  
watches him.*

E pala le ma'a, 'ae le pala  
le tala.

*The stone decays (rots)  
but words last.*

'Ua uō, uō, foa.

*First friends, then broken  
heads.*

E tino fa'atasi, 'ae loto  
'ese'ese.

*One body, but different  
opinions.*

Ia mālū le vai i lou fina-  
galo.

*May your mind be like cool  
water. Cool down.*

Na 'o le gata e fasia, 'ae  
pupula.

*Only the snake looks at  
its slayer.*

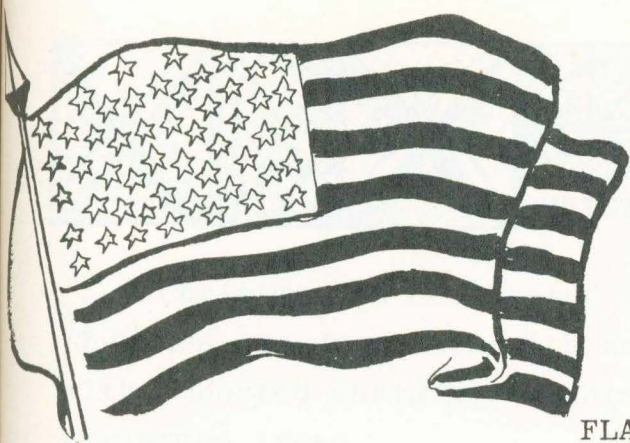
O lota lima e pa'ia ai lota  
mata.

*My own hand hurts my eye.*

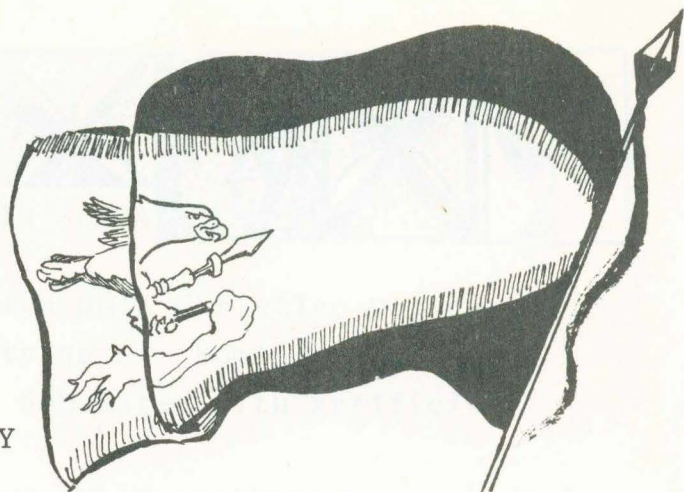
Se'i fono le pa'a ma ona vae.

*Let the crab take counsel  
with its leg.*





FLAG DAY



Every year since April 17, 1900 when the American flag was first raised in American Samoa, the Samoans have been commemorating Flag Day. It is an important holiday in Samoa. Schools, organizations and villagers look forward to Flag Day all year. These groups participate in the singing, dancing, and marching. Representatives of these groups also participate and compete in the traditional games. These include basket weaving, coconut husking, making fire and playing cricket. There is also outrigger canoe racing for the strong men. Climbing coconut trees is a favorite of the young men. Chasing and trying to catch a greased live pig is a fun game for people of both sexes and all ages. Tug of war is also a lot of fun and a favorite among the heavy weights.

People who are talented with their hands provide Samoan handicrafts and food. Displays of handicrafts alternate with food stands in long rows. The usual Samoan foods (taro, banana, chop suey, pork and palusami) are prepared and sold. Other favorites such as pisua, poi, fa'ausi and taufolo are made available for the hungry connoisseur.

The beauty of Samoan Flag Day is that everybody has fun. All of the activities are held outdoors in a big open field. People of all ages, races and sexes take delight in observing and/or participating. It is a day of fun for the students away from all the studying. It's a day of sharing talents, exchanging jokes and promoting laughter. It's a day of cultural exchange and preservation. It's a day of coming together to share one's heritage as a Samoan.







Christmas is celebrated in Samoa as a Christian holiday. Churches are decorated with nativity sets. Homes are lighted with imported Christmas lights and decorated with artificial Christmas trees.

Traditionally gifts were not given or exchanged on an individual basis. (This has gradually changed over the years as people adopt American culture.) Because of the Samoan extended family, gifts were given or exchanged on a family level. They usually consisted of food. The idea was to share the best food each family could provide. The eating of food was something that everybody could participate in and feel like a part of the family. Giving a gift on a one-to-one basis implies individualism versus group importance, possessiveness versus sharing and acquiring unnecessary material goods versus fulfilling the human needs for food and shelter. It was considered improper to give to only some of the family and not to all of the members. The emphasis was on maintenance of family relations and prevention of hard feelings. Material gifts are inevitably associated with their monetary value. As more and more Samoans adopt American culture, the buying of gifts has become a burden. This is far removed from the true intention of giving someone a gift because you care and because there is a need. The trend is to give to impress and not to express.

Samoans continue to honor and respect Christmas as a holy day and not just a holiday. People attend services at the church of their choice. Afterwards, they gather together to eat or have a *to'anai* following which they rest. The entire village is beset by peace and tranquility. Most everybody goes to sleep or reads the Bible. Children love to take their mats and sleep under big shady trees. Now with the Western influence some families are seen celebrating Christmas by having a family picnic where people eat, drink, and have a merry time.



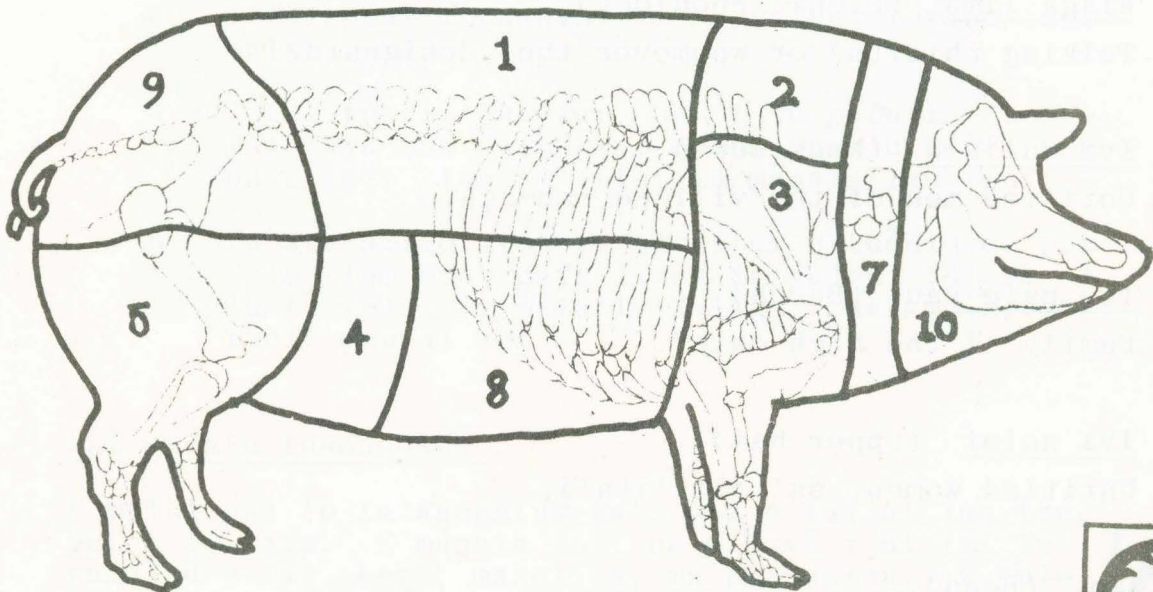




## PUA'A

Do you know the Samoan protocol for cutting parts of the pig? It is customary for pigs to be included in the food presentation at feasts and ceremonies. Pigs are prepared in order to honor a visitor, reciprocate a good deed or exchange good fortunes.

Hardly any part of the pig is wasted. The heart is wrapped in a banana leaf and cooked. This is called "ofu fa'afaleolo" and goes to the high chiefs. The blood is also saved. It is mixed with fat and seasoning, wrapped in banana leaves, cooked, and given to the cooks. The cooks also get the intestines and the rest of the internal organs for their use. The liver is also wrapped in a banana leaf, cooked and given to the talking chief for his "meafono" (food set aside for later use by the chiefs). The pig is cooked to medium rare. This helps the man who cuts it to do the job with precision and speed. The portions given to the chiefs by protocol are not meant to be eaten at that time. They are "meafonos" for later use. The meat will be fully cooked at that time before consumption.



## Distribution of Pig

1. Ivi tualā (Loin)  
Highest chief(s) of the village, gathering, or organization. If there is more than one chief of equal rank in a gathering, the smart divider cuts this part into smaller portions so each has the same. (If there are no traditional chiefs in an organization, the ivi tualā goes to the President.)
2. Ivi 'ō'ō (Plate)  
High chief(s) of second rank, (Vice President).
3. Itū mea tele (Boston butt)  
High chief(s) of second rank, (Secretary, Treasurer).
4. Alo (Flank)  
Princess or taupou. If there is no taupou, the alo goes to the sister of the highest chief or tamasā.
5. Ālaga vae (Lower Ham)  
Talking chiefs.
6. Ālaga lima (Picnic Shoulder)  
Talking chief(s) or whomever they designate.
7. Ivi muliulu (Neck Bone)  
Untitled men of the village, aumaga.
8. Itū pale sau (Bacon)  
Family of the high chief.
9. Ivi nofoi (Upper ham)  
Untitled women, sa'otama'ita'i.
10. Ulu (Head)  
Cooks.





Mea e Fa'aaogāina:

1. Pāfa'i
2. Pua (I Hawaii nei e tele fo'i isi itū'aiga fugālā'au e mafai ona 'e fa'aaogāina, e iai oketi, makelita, ma pua saina.)
3. Tuāniu (E tusa male 60 tuāniu na fa'aaogāina e fai ai le teu o lo'o i le 'ata. 'Ae mafai lava ona tele atu o tunāniu e te fa'aaogāina.
4. Seleulu.

Fa'atonuga:

1. Tipi muamua le pāfa'i i le umi e te mana'o ai.
2. Fa'aaoga le seleulu e tatipi a'i muli tuāniu ina ia ma'ai ma fa'afaigofie ai ona tatui 'i le pāfa'i.
3. Tatui pua 'i tuāniu, fa'avavā pua i sina tasi inisi.
4. Tatui tuāniu 'ua iai pua 'i le pāfa'i. E mafai lava ona fa'au'umi o isi tuāniu ae fa'apupu'u isi. Ina ia lelei ma mānaia lau teu.
5. Fa'ata'amilo atoa le tatuiina o tuāniu ma pua i le tino o le pāfa'i ina ia pāleni felei. A lē tū lelei le pāfa'i, lalago i nai ma'a ona tāofi mau ai lea.

Nai manatu fesoasoani:

E mafai ona 'e fa'aaogāina na'o pua e fai ai lau teu, pei o le ata. E mānaia fo'i pe'ā tova i ni isi fugālā'au e iai oketi, makelita, ma pua saina. E pule fo'i 'oe i le tele o le pāfa'i e te fa'aaogāina. E mafai ona fa'apupu'u o le pāfa'i. Nonoa ni mānoa i ona pito e lua, tatui 'i ai ni tuāniu ua iai ni pua, ona fa'atautau lea e pei o le ata.

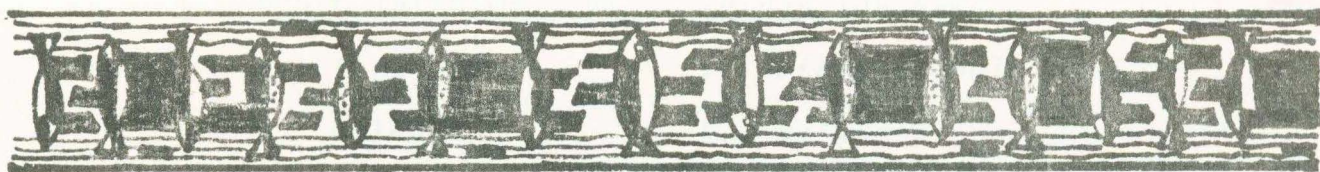


O tātou Sāmoa e fiafia tele fo'i e fai teu pāfa'i e  
teu a'i lumāfale o fale. Pe tautau i tulutulu o fale  
e pei ona fa'āalia i luga. E aogā fo'i teu pāfa'i e  
teuteu ai totonu o falesā, po'o luga fo'i o laulau  
pe'ā fai ni 'aiga fiafia. E lēai se tupe e alu ai.





## BANANA TRUNK ARRANGEMENT



### Things you need:

1. Banana trunk (cut to whatever height you desire)
2. Bag of plumeria flowers (you can also alternate plumeria with orchids, marigolds, Chinese plumeria, etc.)
3. Coconut stalks (if these are hard to find, you can substitute barbeque sticks. We used about 60 regular coconut stalks for the pictured arrangement. You can use more or less, it's up to you.)
4. Scissors

### Instructions:

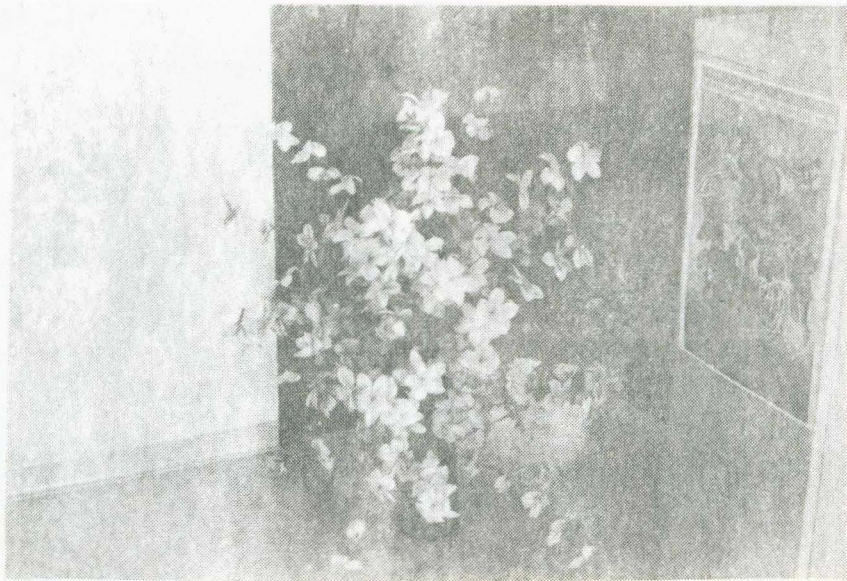
1. Cut the banana trunk to the size you want.
2. Use the scissors and cut the thick ends of the stalks to make sharp points. This will make it easier for you to stick the stalks to the banana trunk.
3. Insert the stalks into the plumeria flowers and space them about one inch apart.
4. Stick the pointed end of the stalk with the flowers into the banana trunk. You can shorten some of the stalks to give a full look to your arrangement.
5. Stick stalks and flowers all around the banana trunk to maintain balance. If the trunk is not steady in the upright position, simply hold it in place with some rocks. some rocks.

### Suggestions:

You can use only plumeria flowers to make your arrangement as in the picture, but you can also alternate the plumeria with orchids, marigolds, etc. The size of the banana trunk is up to you. You can shorten some banana trunks, tie two pieces of ropes on each end, stick coconut stalks with flowers to the trunk and hang as shown in the illustration.



The Samoans like to make banana trunk arrangement to decorate entrances to their homes. Similar arrangements are used to decorate altars in churches. Still some are used as centerpieces on tables for banquets. (With a little imagination and time, banana trunk arrangement can be beautiful. Most important, it can be made very cheaply compared to the prices in florists.)







Mea e Tatau Ona Iai:

Things You Need:

- |                 |                       |
|-----------------|-----------------------|
| 1. Fasi launiu  | 1. Piece of palm leaf |
| 2. Seleulu      | 2. Scissors           |
| 3. Vase         | 3. Ruler              |
| 4. Tama'i naifi | 4. Small knife        |

Fa'atonuga:

Instructions:

1. Ia iai se fasi launiu.

*Take a piece of palm leaf.*

2. Fa'aaogā se tama'i naifi, po'o le

*maiu'u o lou lima matua, e fa'apū ai*

*lalo ifo o le tuāniu.*

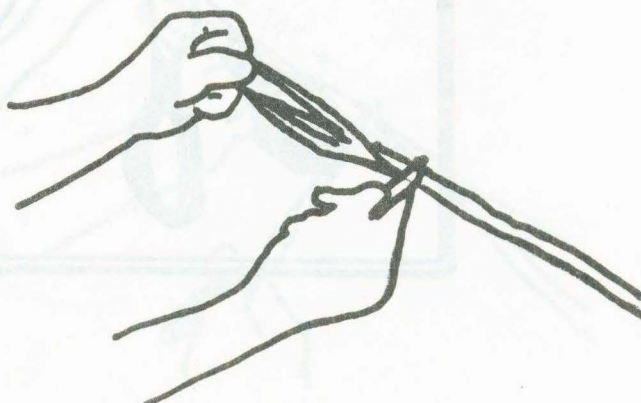
*Use the small knife or your thumb fingernail  
and insert it at the base of the stalk.*

3. Fa'asolo le naifi po'o lou maiu'u i

*le umi atoa o le tuāniu se ia o'o*

*lava i le si'usi'u o le launiu. (ata #1)*

*Run the knife or fingernail down the base  
of the stalk, all the way to the tail end  
of the palm. (picture #1)*



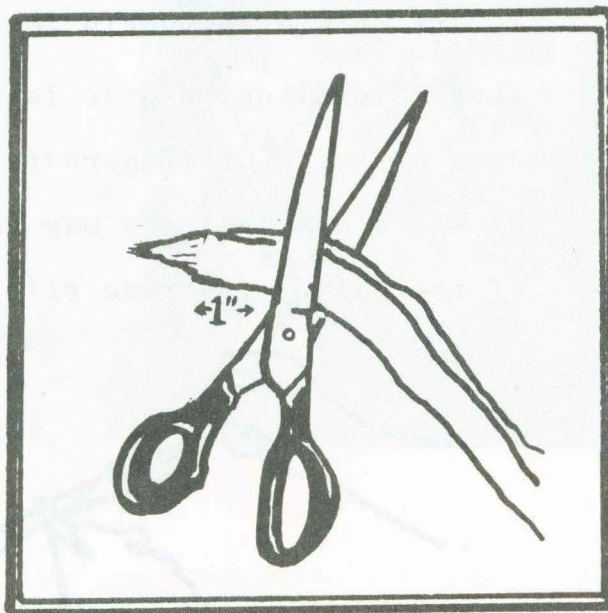


4. Sasae ese lē tuāniu se'i fa'aaogā  
ise taimi o muamua.

*Pull off the stalk and save it for  
later use.*

5. Tago loa i le fasi launui (o lōo  
pi'imaui pea i lona itū lautelē) ma  
fua se inisi se tasi i le itū lautelē,  
ona tipi ai lea i'inā. (ata #2)

*Take the two pieces, (still intact at  
the widest end) measure one inch from  
the widest end and cut. (picture #2)*







6. Tago loa i fasi launiu e lua ua uma  
ona tipi ma fa'atūtūsa lelei.

*Take the two cut pieces and even them up.*

7. Fa'aaogā le vase e fua ai le sefulu-fā  
inisi, amata mai i le itū na tipi muamua.  
(ata #3)

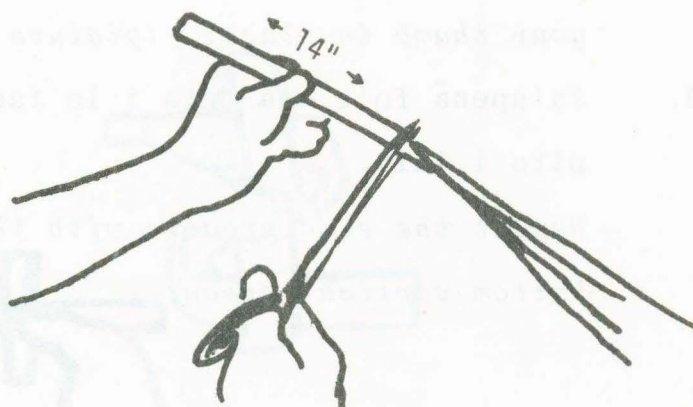
*Take the ruler and measure 14 inches from  
the cut end. (picture #3)*

8. Fa'aaogā le seleulu, ma tipi tonu i  
le mea e atoa iai le sefulu-fā inisi.

*Take the scissors and cut at the 14 inch mark.*

9. Ua iai nei fasi launiu tutusa e lua  
mo le faiga o lau pe'ape'a.

*You now have two even pieces of leaf  
to make your pinwheel.*



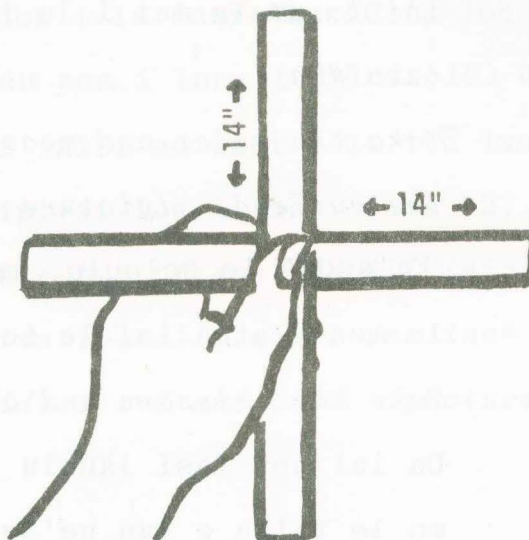


10. Tago i fasi launiu nā e lua ma fai ai se fa'akoluse.

*Take the two even pieces of palm and make a cross.*

11. Fa'aaogā lou lima matua ma lou lima tusi e taofi a'i launiu.

*Use the left thumb and first finger to hold the pieces together in the center.*

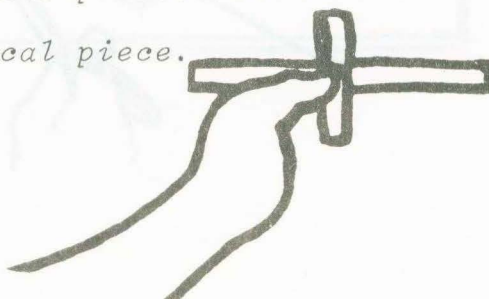


12. Afe muamua ifo le fasi launiu pito aluga aga'i i le ogātotonu ma tāofi i lou lima matua. (ata #4)

*Bend the top end of the vertical piece towards the center, and hold it with your thumb in place. (picture #4)*

13. Fa'apenā fo'i ona faia i le fasi launiu pito i lalo.

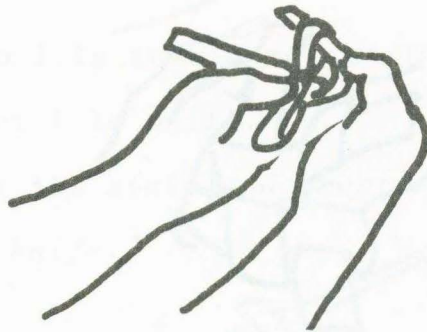
*Repeat the same process with the bottom vertical piece.*



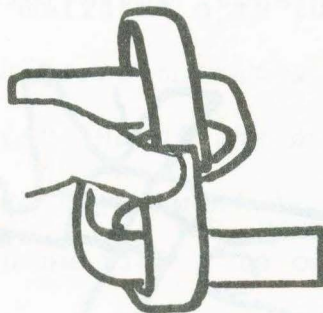




14. Taofi fasi launiu e lou lima tauagavale  
ae fa'aaogā lou lima matua ma lou  
lima tusi o lou lima taumatau e afe  
a'i ma fa'aofi le pito o le fasi launiu  
taumatau i le pū pito i luga. (ata #5)  
*Hold the pieces of palm with your left  
fingers and use your right thumb and  
first finger to bend and insert the  
right horizontal end into the top loop.  
(picture #5)*



15. Fa'apenā fo'i ona e faia mo le fasi  
launiu tauagavale, ma le pū pito i  
lalo. (ata #6)  
*Repeat the same process with the left  
piece and bottom loop. (picture #6)*

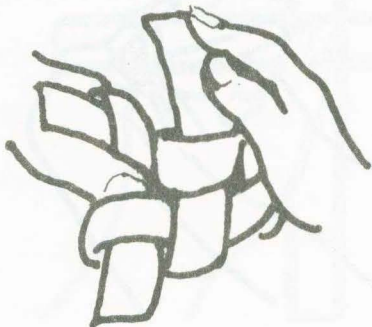




16. Fa'aaogā lou lima matua taumatau  
ma fa'asolosolo lemū ifo le pito o le  
fasi launiu pito i lalo aga'i i  
totonu o le pū o lo'o i le itu taumatau.  
Tāofiofi pito fasi launiu e ou lima  
ne'i malepe pe matala.

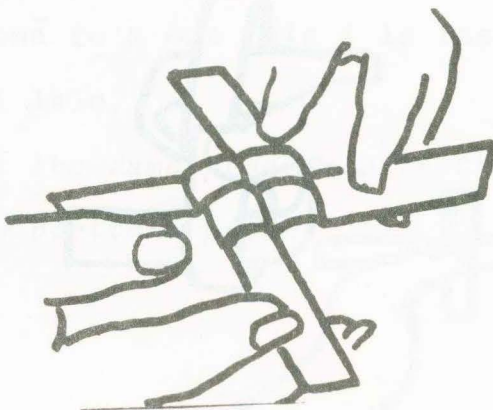
*Use the right thumb, slowly release  
and slip the end of the bottom loop  
into the right loop.*

17. Fa'apenā fo'i ona ē faia i le isi itū.  
*Repeat the same process for the left  
side.*



18. Fa'aaogā uma tama'ima'ilima e tosotoso  
ai ma tāofiofi pito e fā o launiu se  
ia tau lelei ma maua ai le tino o le  
pe'ape'a. (ata #7)

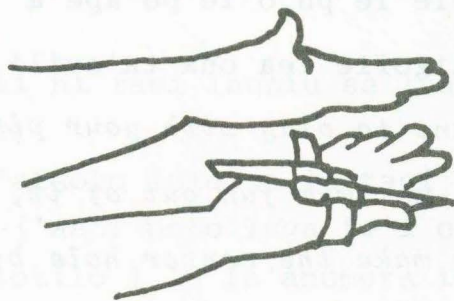
*Use all your fingers to pull and hold  
the four ends, while forming the pinwheel.*





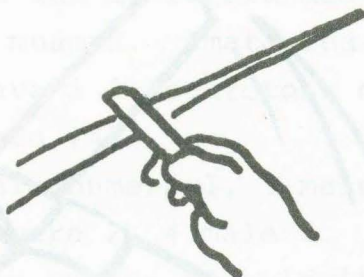
19. Tu'u le pe'ape'a i le ālofi, lima o lou  
lima tauagavale, ae fa'aaogā le ālofi  
lima o lou lima taumatau e fa'apapa  
a'i. (ata #8)

*Place the pinwheel on the palm of your  
left hand, and flatten it with the palm  
of your right hand. (picture #8)*



20. Tago i le tuāniu ma fa'alāmolemole  
lelei i le naifi.

*Take the stalk and smooth it well with  
the knife.*



21. Nonoa se pona i le si'usi'u ole tuāniu.  
*Tie a knot at the thin end of the stalk.*

22. Fa'aaogā le seleulu e 'oti fa'ama'āi  
ai le itū mafiafia o le tuāniu.

*Use the scissors to cut a sharp point  
at the thick end of the stalk. (Cut  
at any length you want.)*

23. Tui le itū na tipi i le ogātotonu o  
le pe'ape'a.

*Insert the sharp, thick end of the  
stalk through the center of the pinwheel.*





24. Toso le tuāniu se ia tau i le pona.  
*Pull the stalk until it stops at the knot.*

25. "Uma" -- Manaia tele sē la'u pe'ape'a.

(ata #9)

*HURRAH! I have a nice pinwheel.*

(picture #9)

(Mo Tamaiti: Fa'atelē le pū o le pe'ape'a  
ona faigofie lea ona ta'avili.)

(Note: You want to play with your pinwheel?  
To get maximum fun out of it,  
simply make the center hole bigger.  
This will allow for the pinwheel  
to twirl freely around the stalk.)





## MAILLO SAMOA



### Mea e tatau ona iai:

1. Fasi launiu se lua
2. Tama'i naifi ma'ai

### Fa'atonuga:

1. Sae muamua le launiu pei ona fa'a'alia i le ata #1.
2. Faitau ta'i ono launiu failā ma sasae, pe tipi i le naifi.
3. E tatau ona iai ni fasi launiu se lua e fai ai le maillo. (ata #2)
4. Muamua ona fa'ataoto lelei o le tasi itū launiu i luga o ou vae ('aao) po'o luga fo'i o se laulau. ('ata #3. Tilotilo i le fa'anumera ina o fasi launiu)
5. Afe i luga fasi launiu numera 1, 3 male 5; tāofi fasi launiu ia e lou lima tauagavale. (ata #3)
6. Tago i le launiu lona lua ma fa'afa'alava i le itū taumatau o le launiu muamua. Amata lea i le fasi launiu #1, fa'afa'alava i le ogātotonu o le launiu muamua ma lalaga. (ata #4)
7. Tu'u i lalo fasi launiu numera 1, 3 male 5, ae afe i luga fasi launiu numera 2, 4 male 6. Fa'afa'alava mai iai le fasi launiu numera #2 o le itū lua ma lalaga.
8. Toe tu'u i lalo fasi launiu numera 2, 4 male 6, ae afe i luga fasi launiu numera 1, 3 male 5. Fa'afa'alava mai iai fasi launiu o le isi itū ma lalaga. E fa'apea ona faia se'i ma'a lelei fasi launiu e ono o le itū lua. (ata #5)
9. A mae'a ona lalaga o fasi launiu e ono, e taufelefele launiu pei o le ata #6. Tago lea e ao ta'i ono fasi launiu pei ona iai itū e lua ma nonoa, pe fa'apona e taofi a'i le maillo ia aua ne'i matala pe malepe.
10. UMA! Ua e iloa nei ona fai o se tasi o ipu aoga tele a Samoa e taua o le M A I L O!



## MAILLO SAMOA

### Supplies or things you need:

1. Two pieces of palm leaves
2. Small sharp knife

### Instructions:

1. Split the palm leaf (picture #1)
2. Count six strands for each piece and cut with the knife.
3. You need two pieces of palm leaf to make the dish (picture #2)
4. Take one piece of leaf and place it flat on either your lap or on a table. (picture #3. Notice the strands are numbered)
5. Lift strands number 1, 3 and 5; hold them with your left fingers. (picture #3)
6. Take the second piece of palm leaf and lay it to the right of the first. Take strand #1 of this 2nd piece and lay it across the first piece and plait. (picture #4)
7. Release strands 1, 3 and 5; lift strands 2, 4 and 6 of this same piece. Take strand #2 of the second piece and lay it across the first piece and plait to form checkerboard squares.
8. Keep releasing and lifting strands of the 1st piece in alternating manner, while criss-crossing them each time with a strand of the 2nd piece until all 6 strands are plaited. (picture #5)
9. After plaiting the 6 strands, the ends will stick out. Simply gather the 6 strands of the first piece and tie them in a knot. Do the same for the 6 strands of the second piece. (picture #6 and #7)
10. FINISH! You have just made one of the most useful and common art dish of Samoa...a M A I L O!  
(Give yourself an A for trying)

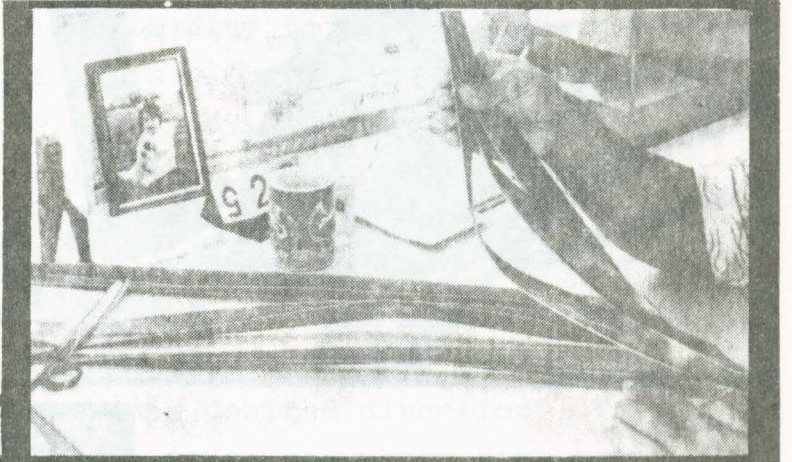




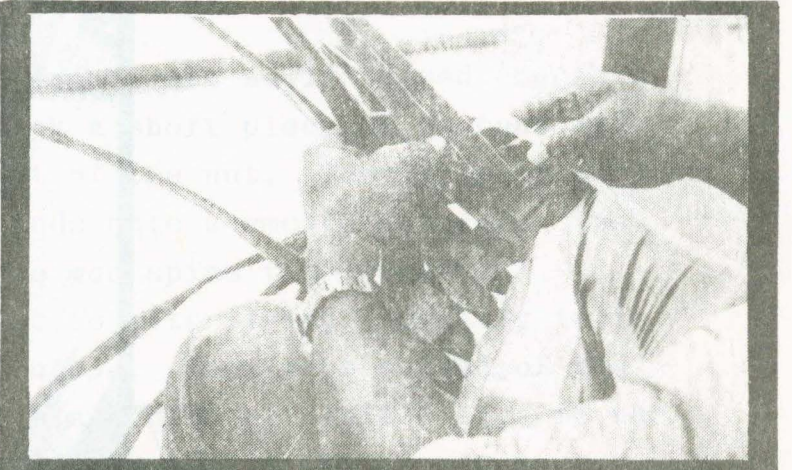
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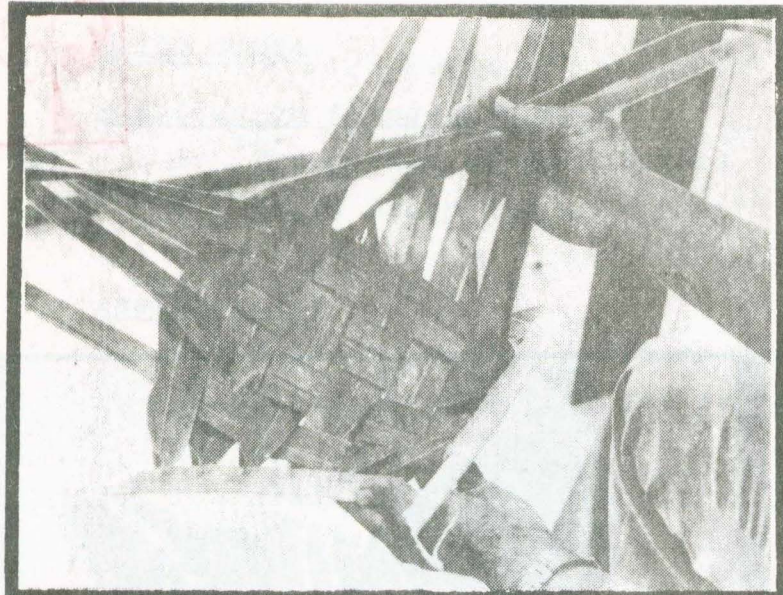


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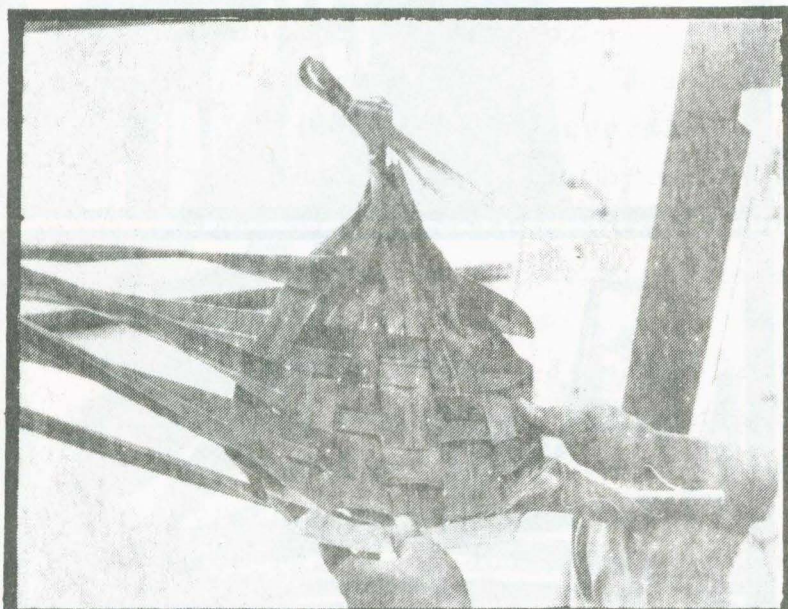


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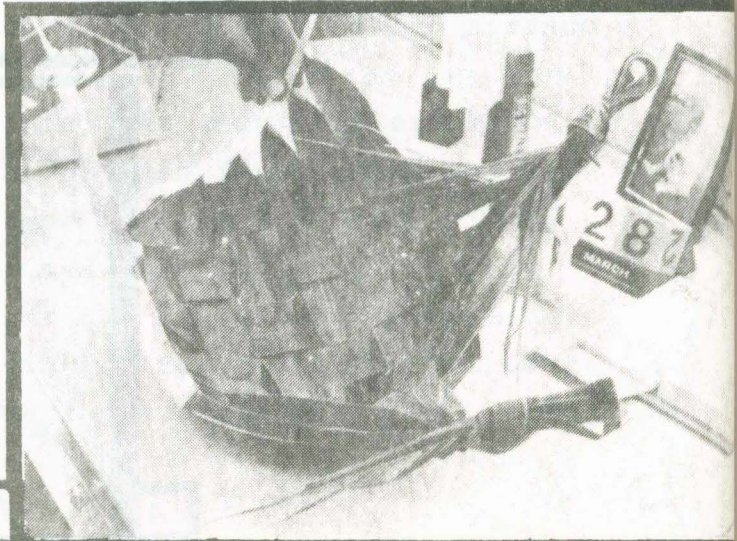




5



6



7





Samoa youngsters play many traditional Samoa games. Some of the games are only played by boys, others by girls. Many are familiar to both and make use of the natural things around them. These games are common on school grounds in Samoa but are often forgotten by Samoa children in Hawaii.

1. *Fa'ase'ega* is sliding down slippery rocks into the water or tobagganing down slopes with a *lapalapa* (midrib of a coconut palm).
2. *Taupega* is similar to the American swing. It is easy to weave the bark of the young *fau* tree into a rope and hang it from a branch of a mango tree. Children connect the two ends of the rope and sit on a flat object to protect them from rope burns. One person sits in the swing and the others push. They try to see who can swing the highest.
3. *Tāfue*, jump rope, is also an easy and fun game to play. Usually little girls like to play *tāfue*. They have two teams of five to eight girls. One team swings the rope made from the *fau* tree bark and the other team jumps. The object is to see which team can jump longer.
4. *Tagā ti'a* or dart throwing is sometimes dangerous because of the speed with which the boys throw the darts. The darts are usually very sharp. Thin straight sticks are polished smooth so when they touch the ground they fly several more yards in the desired direction. There is no target but the object is to see whose dart goes the farthest.
5. *Moa* or tops are made from small newly formed coconuts (*aile*). Children stick a short piece of coconut midrib into the soft part of the nut. They spin it between the palms of their hands onto a smooth surface. The object is to see whose *moa* spins the longest.
6. *Fa'alupe* is equivalent to kite flying. Usually it is the boys who play *fa'alupe*. They take a leaf of the candlenut tree and tie a length of sinit (*'afa*) to the handle part of the leaf and let it fly on windy days.
7. *Sapo* or jacks is a favorite of little girls. They use

stones or lama from the candlenut tree or even nails or marbles. Samoan girls use an orange or lemon for the ball. They throw it into the air and try to pick up the objects without moving the others.

8. *Tapalega* is played in the water by two players. Each has two big sticks (*au tapale*) one in each hand. There is one very lightweight stick (*uto*) floating on the surface of the water. The players strike near the floating *uto* and it flies into the air. Then they hit it toward the opposite goal (*tini*). The other player tries to defend his goal. When the *uto* reaches the goal the defending player brings it back into play and tries to get it across the opposite goal.

9. *Veloveloga* or wooden spear throwing is a popular game played by the male adults. Women join in the dancing and cheering. The competition is between two villages but the number of players is unlimited and each team enlists the help of relatives from other villages. The village where the contest is held plays the role of the host and supplies the food for all of the participants. Sometimes the contest lasts a week. The guests will have their turn to supply food when the game is played in their village. Cheering, singing and dancing is continuous during the games and into the evening.

A heavy wooden spear is made from a straight branch which is barked and dried in the sun for two or three days. Points are scored by throwing spears farther than the farthest spear of the opposing team. Judges for each side collect the spears as they keep the score. The team that tallies 100 points first is the winner.

Another way of playing the game is to throw the spears at a target made from the trunk of a young coconut tree. The leaves are stripped and the roots are cut off before the trunk is stuck into the ground. At least six feet appear above the ground. The number of spears found in the trunk determines the points for each team.



## Fa'ataupati



Fa'ataupati is a fast moving dance which requires movements of the hands, legs and feet to the rhythm. This dance is usually done by muscular boys and men. The number of dancers varies from 2 - 10. It is done standing in a straight line. Throughout the dance the dancers bounce as they shuffle their feet alternately back and forth.

1. First the leader calls out "Nonu ā togi ā togi ē" and the others answer "Ē ē a togi ē". They repeat this again and after the second time everyone shouts "I a ī ai ā".
2. Next, lift the left foot behind and slap it with the right hand. Then kick the left leg forward and slap the knee with the right hand. Repeat.
3. As the foot hits the floor, quickly slap five beats (alternating hands) on the thighs.
4. Then quickly slap five beats with alternating hands on the chest. Clap once, pause and clap three times.
5. Repeat 3 and 4. (Remember to keep the feet shuffling!)
6. Shout "Alu se, alu se" while bending forward and striking towards the ground, first with the left fist, then with the right.
7. Turn completely around clockwise and then shout "Tui afē tui afē" again bending and striking with left and right fists. Spin around again, counterclockwise.
8. Repeat 6 and 7.
9. Hop five steps to the right, putting weight on the right leg and slapping the chest with alternate hands. Then hop five steps to the left with weight on the left leg and continue to slap chest.
10. Repeat entire dance from 2.  
To finish the dance, take two small jumps into the air and shout "Choo, choo! woo."



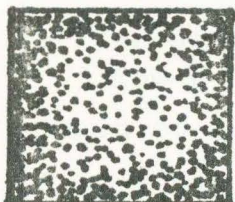
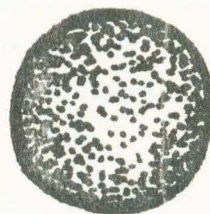


# Game and Song about Shapes

(Tune: Mulberry Bush)

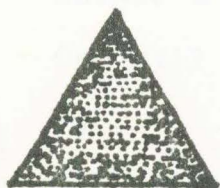
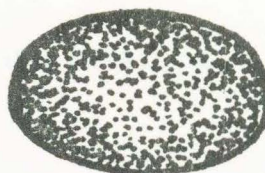


- 1) Fai le laina fa'ata'amilō,  
ta'amilō, ta'amilō  
Fai le laina fa'ata'amilō  
Let's all fall down



- 2) Fai le laina fa'asālafā  
sālafā, sālafā  
Fai le laina fa'asālafā  
Let's all fall down

- 3) Fai le laina fa'afuāmoa  
fuāmoa, fuāmoa  
Fai le laina fa'afuāmoa  
Let's all fall down



- 4) Fai le laina fa'aitū'tolū  
itū'tolū, itū'tolū  
Fai le laina fa'aitū'tolū  
Let's all fall down

1. Get ten or more students together and have them hold hands in a circle. As they sing the first verse they walk around clockwise. On the last line they should all swoop down and touch the floor.
2. For the second verse they form a square and move in and out making a smaller then larger square. Again they bend their knees and touch the floor on the last line.
3. Next they form an oval and move counter-clockwise as they sing. Swoop again on the last line.
4. Finally, they form a triangle and again move in and out making a smaller and larger triangle. On the final swoop they may wish to actually fall down if they are playing on grass or carpet.

You should start the song and motions slowly but after everyone has learned the process, it is fun to speed it up and interchange the order of shapes.







This is a song about the cat and the rat. One day the cat came home and found that there was no food left in the kitchen. His good friend, rat, ate the food. Mr. Cat decided to chase after the rat, thinking when he catches her (rat) he will eat her for dinner.

Now a days you find rats are very, very afraid of cats--rats are cats' enemies.

### Instructions

Take 20 to 30 students outside in an open space.

Each holding hands in a circle

Choose 2 children (boy and girl or same sex)

One will be the cat, the other will be the rat.

Have those two stand, outside the circle, about five yards apart.

After the teacher says "go"

Let the one who is the rat run, and the one who is the cat chase after him/her.

The children let the rat enter the circle by letting go of each other's hands, but they try as hard as they can to keep the cat from getting into the circle.

Keep repeating the song until the cat catches the rat, or until the two get tired and can't run anymore.

You can choose two more children to do the same thing if you desire.





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# piddles



# tupua



## Agricultural Items - Samoan

1. O le toea'ina ma lana fa'afafa. Fa'i
2. O le tagata e tu i le moana  
sausau. Momono
3. O le tagata e sau mai uta o au-  
leaga; a o'o mai i le a'ai ua  
lalelei. Talo; Ufi
4. O le 'au uso e to'atele 'ae lē  
iloga sē tūpito. Tanoa ava
5. O le tamāloa e fiu i tā'ele 'ae  
lē te'a le maneso. Ta'amū
6. O le ā le mea e 'ai ma feanu? 'Ausa'alo
7. O le mea e lāpotopoto i le ao  
'ae māfolafola i le pō. Fala moe
8. O le fale e tasi lona pou. Faamalu Aitu

## Christianity - Samoan

1. Pou e sefulu tolu o le fale 'ae  
tasi le pou e tau'avea 'uma. Iesū

# tupua



## Agricultural Items - English translation

1. An old man that stands outside  
with a load on his back. Banana tree
2. A person that stands on the  
deep sea. Cork
3. A person who was ugly when he  
came from the mountains and  
became handsome when he  
reached the village. Yam(s), Taro
4. Many brothers who don't know  
who's the oldest. Legs of 'ava  
bowl
5. A man who takes a bath everyday  
but never stops itching. Giant Taro
6. What eats and spits at the same  
time? Coconut grater
7. A thing that is round during the  
day and flat during the night. Sleeping mat
8. A house with one post. Mushroom

## Christianity - English translation

1. A house with 13 posts, but one  
main post carries them all. Jesus

\* Taken from Muagagana ma Tupua Fa'asamoa  
edited by the Bilingual/Bicultural Staff, Dept. of Education,  
American Samoa



Shelter and Household - Samoan

1. O le mea e pa'e'e i le ao 'ae Ta'inamu  
puta i le pō.
2. O le ā le mea e tilotilo atu Fā'ata  
ma toe tilotilo mai?
3. O le ā le mea e moe i le ao Mōlī tū  
'ae ala i le pō?
4. O le 'au uso e to'alua e tau'ave O le 'ali ma ona  
lo lā'ua tamā. vae e lua
5. O le 'au uso e to'afā, e taufa- Laulau  
ta pea lava lo lātou tamā.
6. O le 'au uso e to'afā, e misa Fale afolau  
le to'alua, 'ae pupula le  
to'alua.
7. O ā fitafita e 'ofu papa'e 'ae Lā'au afitusi  
pūloulou mūmū.
8. O le ā le mea e lele 'ae leai 'Aū  
ni 'apa'au?



Shelter and Household - English translation

- |  |                                    |
|--|------------------------------------|
| 1. A thing that is skinny during the day and fat during the night. | Mosquito net                       |
| 2. What do you look at, that looks back at you?                    | Mirror                             |
| 3. What sleeps at daylight and wakes up at night?                  | Lantern                            |
| 4. Two brothers who carry their father.                            | "Ali"(wooden pillow) with two legs |
| 5. Four brothers who carry their father every day.                 | Table with four legs               |
| 6. Four brothers, two who fight and two who watch.                 | Samoa Fale                         |
| 7. Soldiers who wear white uniforms and red hats.                  | Match Sticks                       |
| 8. What flies, but doesn't have wings?                             | Arrow                              |





EARTH, WIND, WATER AND FIRE

- |  |   |
|--|---|
| 1. O le tamāloa e au'e'e i le<br>ao atoa ma le po.   | O le ā'au ma galu e<br>ūū i aso uma lava. |
| 2. O le tamāloa ulusinā e nofo i<br>luga o le aupā ae o'o luna<br>ulu i le lagi.             | O le asu o le umu.                        |
| 3. O le tagata e sau ma i uta i le<br>vao puanea, i le o'o lava i<br>tai 'i le moana sausau. | Ofe                                       |
| 4. O le mauga e fai lana 'ava sin-<br>asina.   | Āfu                                       |
| 5. O le tamāloa e leai sona tino<br>'ae fa'aleaga mea.                                       | Savili                                    |
| 6. O le ā le mea e fiu i 'ai 'ae<br>lē ma'ona?   | 'Ele'ele                                  |
| 7. O le sāmala e pa'ō i taimi uma<br>'ae latalata i le matāfaga.                             | Galū                                      |
| 8. O le mea e alu i luga 'ae lē<br>toe sau.  | Tausaga                                   |
| 9. O le mōlī e leai sona kī.   | Lā  |
| 10. O le ā le mea e galue i aso<br>uma?  | Galū                                      |



## EARTH, WIND, WATER AND FIRE

- |  |                  |
|--|------------------|
| 1. A man who yells all day and all night.  | Reef and waves   |
| 2. A man that sits on a wall with his long white hair that reaches heaven.       | Smoke of the umu |
| 3. Someone who comes from the wilderness and goes all the way to the deep ocean. | Fishing Pole     |
| 4. A mountain with a long white beard.   | Waterfall        |
| 5. A man who does not have a body, but destroys a lot of things.                 | Wind             |
| 6. What eats all the time, but never gets full?                                  | Soil             |
| 7. A hammer that pounds frequently near the beach.                               | Waves            |
| 8. A thing that goes up, but never comes down.                                   | Age              |
| 9. A lantern without a switch.   | Sun              |
| 10. What works everyday?   | Waves            |





### Animals - Samoan

- |  |  |
|--|--|
| 1. O le tagata e moe i luga o<br>nifo o le i'amanu.  | O le matuāmoa e moe<br>i luga o ona fua          |
| 2. O le ā le manu e lē tilotilo<br>lava 'i le lagi se'iloga<br>lava e o'o i le aso e pē<br>ai ona fa'ato'ā tilotilo<br>lea 'i le lagi? | Pua'a (pe'ā titina<br>lona fa'a'a'ī i le<br>amo) |
| 3. O le ā le mea e fā ona pou ma<br>le uga?  | Laumei   |
| 4. O le mea e nofo i le vao-<br>matua.   | 'Utu   |

### Body Parts and Human Behavior - Samoan

- |  |                                |
|--|--------------------------------|
| 1. O le tamaloa e nofo i le va o<br>i'a fe'ai.             | O le laulaufaiva               |
| 2. O le mea e sili atu ona leaga<br>i lo le pomu 'atomika. | Laulaufaiva<br>(faitatala)     |
| 3. O le ā le mea e tasi le pou<br>'ae lua faitoto'a?       | Isu                            |
| 4. O le fale afolau e tasi lona<br>poutū.                  | O le isu ma le pou<br>o le isu |
| 5. O le solofauna e lē pa'ō.                               | O le moetolo                   |



### Animals - English translation

- |  |               |
|--|---------------|
| 1. Someone who sleeps on whale's teeth                           | A hen on eggs |
| 2. What doesn't look up to the sky until the day he or she dies? | Pig           |
| 3. What has four posts and a hard roof?                          | Turtle        |
| 4. What lives in the wilderness?                                 | Lice          |

### Body Parts and Human Behavior - English translation

- |   |                      |
|---|----------------------|
| 1. A man who lives between two savage fishes. | Tongue               |
| 2. What is worse than an atomic bomb?         | Tongue (e.g. gossip) |
| 3. What has one post and two doors?           | Nose                 |
| 4. A house with one post.                     | Nose                 |
| 5. A horse that doesn't make noise.           | Night Prowler        |





- |  |                                    |
|--|------------------------------------|
| 1. O le va'a e tafea i le sami<br>enaena.  | Ipu tau 'ava                       |
| 2. O le teine e fai lona lausa-<br>kete 'ae leai sona 'ofu<br>āluga.   | Salu tū                            |
| 3. O le 'au uso e to'aluasefulu e<br>tofu lava ma le pulou pa'e-<br>pa'e.  | Tama'ima'ivae ma<br>Tama'ima'ilima |
| 4. O le teine 'aulelei e nofo i le<br>fale tioata.   | Matāuila                           |
| 5. O le mea e fai lona laulaufaiva<br>'ae le tautala.  | Se'evae                            |
| 6. O mea e lē fa'atusatusaina i a'a<br>o le lā'au.   | O gafa o tagata                    |
| 7. O le mea e tagi mai lava i le<br>vaomatua e o'o lava 'i le sami.  | Vaitafe                            |
| 8. O le mea e fiu e sasa ē le tagi.  | Fao                                |
| 9. O le tagata e alu e tā'ele 'ae<br>tu'u lona taufale.  | Taga'aluga                         |
| 10. O le manu a lele i le vanimonimo<br>e la'ititi, 'ae a o'o mai i le<br>lau'ele'ele ua telē.   | Va'alele                           |
| 11. O le mea a o'o i le taeao e leai<br>ni ona vae, 'ae a o'o i le aoauli<br>ua lua ona vae, 'ae a o'o i le<br>afiafi ua tolu ona vae. | Tagata                             |
| 12. O le mea e tasi lona vae 'ae afe<br>ona lima.  | Aufa'i                             |



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## Riddles - English Translation

1. A boat that floats on a brown sea. 'Ava Cup
2. A girl with a skirt who doesn't have a blouse. Broom
3. Ten brothers all wearing white caps. Toes and Fingers with nails
4. A beautiful girl that lives in a glass house. Lightbulb
5. What has a tongue but never speaks? Shoe
6. What kind of roots don't have an end? Family roots
7. A thing that cries from the mountains all the way to the ocean. River
8. A thing that never cries when you spank it. Nail
9. A person who goes to take a bath but leaves his intestines behind? Pillow Case
10. A bird that is very small when it flies in the air, but huge when it reaches the land. Airplane
11. What has no feet in the morning, two feet in the afternoon, and three feet in the evening? Person (baby, adult, old age)
12. A thing with one foot which has a lot of hands. Banana Bunch



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1. A beautiful little brown stream  
2. A little white and blue stream  
3. A little white and blue stream

4. A little white and blue stream  
5. A little white and blue stream

6. A little white and blue stream  
7. A little white and blue stream

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